

| Woche | Dienstag     | Mittwoch                          | Freitag                           | Sonntag                    |
|-------|--------------|-----------------------------------|-----------------------------------|----------------------------|
| 1     | 8 km Locker  | 6 x 400m @ 4:20 + 400m Trabpause  | 8 km Locker + 3 Strides           | 14 km Longrun              |
| 2     | 8 km Locker  | 6 x 600m @ 4:20 + 400m Trabpause  | 8 km Locker + 4 Strides           | 16 km Longrun              |
| 3     | 9 km Locker  | 6 x 800m @ 4:20 + 400m Trabpause  | 9 km Locker + 5 Strides           | 18 km Longrun              |
| 4     | 9 km Locker  | 6 x 1000m @ 4:20 + 400m Trabpause | 9 km Locker + 5 Strides           | 20 km Longrun              |
| 5     | 10 km Locker | 6 x 800m @ 4:20 + 400m Trabpause  | 10 km Locker + 3x 1min Fahrtspiel | 22 km Longrun              |
| 6     | 10 km Locker | 6 x 1000m @ 4:15 + 400m Trabpause | 10 km Locker + 4x 1min Fahrtspiel | 24 km Longrun              |
| 7     | 11 km Locker | 5 x 1200m @ 4:15 + 400m Trabpause | 10 km Locker + 5x 1min Fahrtspiel | 26 km Longrun              |
| 8     | 11 km Locker | 5 x 1600m @ 4:15 + 400m Trabpause | 11 km Locker + 4x 1min Fahrtspiel | 28 km Longrun              |
| 9     | 12 km Locker | 6 x 800m @ 4:10 + 400m Trabpause  | 12 km Locker + 5 Strides          | 30 km Longrun              |
| 10    | 12 km Locker | 6 x 1000m @ 4:10 + 400m Trabpause | 12 km Locker + 5 Strides          | 32 km Longrun              |
| 11    | 10 km Locker | 6 x 1200m @ 4:50 + 400m Trabpause | 10 km Locker + 4x 1min Fahrtspiel | 30 km Longrun              |
| 12    | 10 km Locker | 5 x 1600m @ 4:10 + 400m Trabpause | 10 km Locker + 5x 1min Fahrtspiel | 28 km Longrun              |
| 13    | 8 km Locker  | 6 x 800m @ 4:05 + 400m Trabpause  | 8 km Locker + 4x 1min Fahrtspiel  | 24 km Longrun              |
| 14    | 8 km Locker  | 6 x 1000m @ 4:05 + 400m Trabpause | 8 km Locker + 3x 1min Fahrtspiel  | 20 km Longrun              |
| 15    | 6 km Locker  | 4 x 800m @ 4:00 + 400m Trabpause  | 6 km Locker + 4 Strides           | 12 km Longrun              |
| 16    | 5 km Locker  | 4 x 600m @ 4:00 + 400m Trabpause  | 5 km Locker + 4 Strides           | Marathon<br>Zielpace: 4:58 |